

Savory Swiss Steak Lends Itself for Tasteful Meal

SAVORY SWISS STEAK
2 pounds round or chuck steak
cut 1½-inch thick
½ cup flour
1 teaspoonful salt
½ tablespoonful pepper
2 tablespoonful shortening
Cayenne pepper
1 teaspoonful marjoram
½ teaspoonful summer savory
2 onions, sliced
1 clove garlic, sliced
½ cup celery, chopped
1½ cups canned tomatoes

Blend together flour, salt and pepper. With meat mallet, or edge of saucer, pound the flour mixture into steak on both sides, until all flour is absorbed. Brown floured steak on both sides in melted shortening in a heavy skillet or Dutch oven. Sprinkle steak lightly with cayenne. Strew herbs, garlic and celery over meat and slice onions over all. Pour tomatoes in around steak. Cover. Cook slowly over top burner simmer flame for 1½ hours.

Don Yeargin Serving With Tokyo Unit

PFC Donald W. Yeargin, son of Mr. and Mrs. Irvin Yeargin, 2522B Peijoa Ave., Lomita, is now serving with the 64th Engineer Base Topographic Battalion in Tokyo.

This unit compiles photomaps from aerial photographs for use by UN forces in Korea and U.S. forces in other areas of the Far East Command. He has been in Japan for the past nine months. A graduate of Harbor Junior College, Yeargin entered the Army in May 1951.

Your Kitchen Counsellor

MARGIE EWEN

Southern California Gas Company Home Service Representatives



HEARTY PICNIC SANDWICHES

Sandwiches are an outstandingly popular food because they are so easy to make and so easy to eat. They are also a good way to use up leftovers.

HEARTY PICNIC SANDWICHES
½ C. chopped walnuts
Salad dressing
Combine carrots, dates and walnuts with salad dressing to make good spreading mixture. Use with white or whole wheat bread for sandwiches.

YOUNGSTER'S DELIGHT
½ C. peanut butter
1 Tbsp. grated orange rind
½ C. shredded coconut
Orange juice
Mix peanut butter, orange rind and coconut. Add a little orange juice to moisten for spreading. Make into sandwiches with the bread the youngsters like best—white or raisin bread seems preferred.

BOILED HAM TREATS
½ C. butter or margarine
¼ C. brown sugar
Cloves
2 tsp. prepared mustard
4 slices boiled ham
8 slices fresh white bread
Cream together butter and brown sugar. Add a light sprinkle of powdered cloves and the mustard. Use this spread instead of plain butter to make ham sandwiches on white bread.

BAKED BEAN FILLING
1 No. 2 can baked beans
1 Tbsp. grated onion
1 Tbsp. minced green pepper
1 Tbsp. catsup
2 slices crisp bacon, crumbled
Drain off most of the liquid from beans. Mash beans and mix in other ingredients. Make into sandwiches using buttered whole wheat bread. Garnish with sliced sweet pickles, if you like.

CORNEBEEF SPREAD
1 can cornebeef
1 Tbsp. prepared mustard
2 Tbsp. prepared horseradish
Mayonnaise
Chill can of cornebeef so it may be put through the food chopper more easily. (A short time in the freezer section of your refrigerator does the trick, if you're in a hurry.) Grind cornebeef and mix in mustard, horseradish and enough mayonnaise to moisten for the sandwiches, use rye bread and top filling with crisp lettuce.

SUNSHINE SPECIAL
1 C. grated carrots
1 C. chopped dates

SALED BISCUITS
Measure biscuit mix into bowl. Add milk and mix thoroughly. Note: Keep dough soft; if too sticky to roll add more biscuit mix. Knead dough 10 times on lightly floured surface. Roll thin and cut with 2½-inch biscuit cutter. Blend the remaining ingredients together to form filling. Put tablespoon of filling on one biscuit, top with a second, and press edges together. Place on baking sheet. Brush tops with melted butter. Set oven heat control at 450 degrees Fahrenheit. Place biscuits in oven and bake for 10 to 12 minutes.

VEHICLE CODE VIOLATORS TOLD BY DMV
Motorists who violated certain provisions of the California Vehicle Code were named this week by the Department of Motor Vehicles. Violations are indicated by DD—drunk driving; FR—financial responsibility law; UO—unsafe operation of vehicle.

Joe Juarez Acosta, 2053 W. 203rd St., UO; Daniel G. Alvarado, 1233 W. 256th St., DD—license suspended 1 year, second conviction; Max John Benkie, 16813 New Hampshire Ave., FR; Spencer E. Carranza, 3354 W. 171st St., DD—license suspended 1 year, second conviction; Elzy Carter, General Delivery, Harbor City, DD; Frederick A. Groves, 22516 Biak Ct., DD; Garland F. Hansen, 22613 Anchor St., DD.

Vernon Harrison, 20531 Henrietta St., FR; Ruben A. Jimenez, 1829 Florence Ave., FR; Henry A. Lane, 5107 Torrance Blvd., FR; Bennie O. Mantelano, 2210 W. 203rd St., DD—license suspended 3 years, third conviction; Frank M. Walsh, 17305 Ardath St., DD—DD—license suspended 3 years, third conviction; John Henry White, 2386 W. 186th St., DD—license suspended 90 days.

Russell Carr, 20629 S. Vermont Ave., FR; Threeta Carr, 20629 S. Vermont Ave., FR; Wilson T. Griffith, 914 Kornblum Ave., DD; William F. Holloman, 1562 W. Carson St., FR; Tito Romero, 949 W. 256th St., FR; William Shaver, 1822 Crenshaw Blvd., FR; Dan V. Turner, 3527 Crickwood St., FR.

In addition, licenses were reinstated to: Donald H. Allen Jr., 2934 Opal St., FR; Arthur C. Hogarty, 2483 S. Main St., FR; Daniel P. Thompson, 5211 Zakon Rd., FR; Leonard P. Kvilvang, 24256 Hawthorne Ave., end of probation; Robert F. Casman, 3547 Spencer St., FR; John L. Franklin, 3216 W. 189th St., FR; Mary K. Rose, 104 Via Colusa, FR; Billy J. Wright, 1743 W. 247th Pl., FR.



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COFFEE BANNED
Coffee was once regarded as an intoxicating beverage by the early Moslems and was prohibited in the Koran.

Oven-Cooked Cereal and Fruit An Easy Breakfast to Prepare

OVEN-COOKED CEREAL AND FRUIT
(A breakfast that gets itself ready by clock control).
Time: 1 hour. Temperature, 250 degrees Fahrenheit.

Cereal
1 cup regular oats
2 cups cold water
½ teaspoonful salt
Fruit
1/3 lb. dried fruit
Water
1 tablespoonful sugar—optional
Combine oats, water and salt in 1 or 1½ quart casserole. Cover. Place fruit in small casserole dish. Cover fruit to twice its depth with water. Add sugar, if desired. Cover casserole. Arrange casseroles in clock-controlled modern gas range oven. Set clock to turn on oven for one hour of cooking at 250 degrees Fahrenheit. Server 3 or 4.

ROUND STEAK WITH BROWNED RICE
1 lb. round steak
2 tablespoonful shortening
3 teaspoonful salt
1 cup uncooked rice
2 cups canned tomatoes
½ teaspoonful pepper
½ teaspoonful chili powder
1 medium onion, chopped
½ cup water
2 teaspoonful pepper
½ green pepper, chopped
7 medium onion, chopped
Follow the manufacturer's directions carefully in operating the pressure saucepan. Have the round steak cut thick. Divide the meat into 4 serving pieces. Brown in shortening in the bottom of the saucepan. Remove

Personnel Management Course Set at Harbor

Paul K. Doyle, supervisor of personnel for the Union Oil Company, will conduct an evening course in personnel management at Harbor Junior College during the fall semester, according to Ken R. Williams, business education division chairman. The course will be offered on Tuesday evenings from 7 to 9 p.m.

DIAMOND OUTPUT

South Africa's famed diamond industries have produced in excess of \$1 billion worth of diamonds.

HERE'S EXCITING NEWS!

ALPERT'S FURNITURE will give away absolutely free — a sparkling new chrome set at the Cookery Carnival to be held at Civic Auditorium Wednesday, Thursday and Friday, Sept. 24, 25, and 26.



This is the set some happy lady will receive free at the cooking school. Be sure you attend and join the fun.

You are invited to come in, to see this set, and the many others, at your favorite furniture store—ALPERT'S.

SPECIAL NOTICE!

Every set in our large stock will be priced especially low for this 3-day gala event. Many new styles will be on display. May we have the pleasure of showing them to you?

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WARMING SHELF MODEL \$385.00
Other Prices Start at \$121.50

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Gaffers & Sattler AUTOMATIC GAS RANGES
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